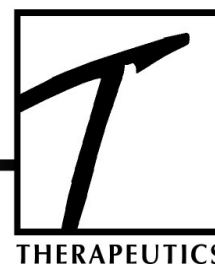




RECREATION DEPARTMENT

The Heart of the Neighborhood



NOVEMBER AND DECEMBER ACTIVITIES

Therapeutic Programming For Individuals with Special Needs

Fitness & Exercise

Ages: 15+

Location: Norman Park Center
270 F Street, Chula Vista

#4102.490 - Mondays, 3:30-5:00pm
Nov. 4, 18, 25, & Dec. 2, 9, 16



\$27.00 Resident

\$33.00 Non-Resident

Join us for some exercise and fitness! A chance to meet new friends and learn fun ways to get in shape. Workouts are designed for individuals with developmental and/or physical disabilities.

Instructor: Staff

Hula Class

Ages: 5+

Location: Otay Recreation Center
3554 Main Street, Chula Vista

#1001.491 - Fridays, 4:00-4:50pm
Nov. 1, 8, 22, & Dec. 6, 13, 20



\$27.00 Resident

\$33.00 Non-Resident

Aloha. This class concentrates on the fundamentals of hula dance basics, movement, posture, and body strengthening. This class is designed for those with little or no hula background.

Instructor: Staff

Move & Groove Dance Class

Ages: 5+

Location: Heritage Community Center
1381 E. Palomar Street, Chula Vista

#1102.492 - Thursdays, 6:00-6:50pm
Nov. 7, 14, 21, & Dec. 5, 12, 19



\$27.00 Resident

\$33.00 Non-Resident

Come get your groove on! This class will offer a variety of dance moves including jazz and hip hop. Designed for individuals with developmental disabilities. Dance to all your favorites...One Direction, Selena Gomez, and many more.

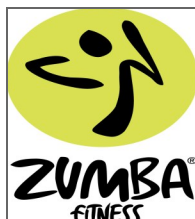
Instructor: Staff

Zumba

Ages: 5+

Location: Norman Park Center
270 F Street, Chula Vista

#4201.490 - Tuesdays, 4:40-5:30pm
Nov. 12, 19, 26, & Dec. 3, 10, 17



\$27.00 Resident

\$33.00 Non-Resident

Dance your way to a fitter you! Zumba is a fusion of Latin and International music creating a party-like atmosphere. Routines will feature aerobics and a combination of fast and slow movements. Come have fun and go at your own pace.

Instructor: Staff

Learn To Swim

Ages: 6+

Location: Parkway Pool
385 Park Way, Chula Vista

#7102.493 - Wednesdays, 4:30-5:30pm
Nov. 6, 13, 20, & 27 ONLY



\$27.00 Resident

\$33.00 Non-Resident

Join us for a learn to swim class with our aquatics instructors! You must be water safe and able to stand independently in 3-4ft water. Learn swim techniques and water safety. Designed for individuals with developmental disabilities.

Instructor: Staff

Special Events

The Turkey Shuffle

Ages: 5+

**Location: Norman Park Center
270 F Street, Chula Vista**

Saturday Nov. 16, 2013 6:00-8:00pm

\$6.00 Resident

\$10.00 Non-Resident

Come join us for The Turkey Shuffle dance.

It will be an evening of dancing to your favorite tunes by DJ Nick. Refreshments will be served along with raffle prizes!! See you there!

Payment will be taken at the door. Cash or check only.



The Jingle Jam

Ages: 5+

**Location: Norman Park Center
270 F Street, Chula Vista**

Saturday Dec. 14, 2013 6:00-8:00pm

\$6.00 Resident

\$10.00 Non-Resident

Come join us for The Jingle Jam dance. It will be an evening of dancing to your favorite tunes by DJ Nick. Refreshments will be served along with raffle prizes!! See you there!

Payment will be taken at the door. Cash or check only.



Contact: Carmel Wilson, CTRS, Recreation Supervisor II, cwilson@ci.chula-vista.ca.us, (619) 421-7032
Heritage Park & Community Center, 1381 E. Palomar Street, Chula Vista, CA 91913

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